

NEWS RELEASE

FOR IMMEDIATE RELEASE

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City of Seguin Urges Precautions During West Nile Season ***Mosquito-Borne Illnesses Most Common During Summer***

SEGUIN, Texas – As Summer activities bring more people outdoors, the City of Seguin urges precautions to reduce the risk of contracting West Nile and other mosquito-borne illness.

According to the Texas Department of State Health Services, to reduce the exposure to West Nile virus people should:

- Use an approved insect repellent every time you go outside and follow the instructions on the label. Among the EPA-approved repellents are those that contain DEET, picaridin, IR3535, oil of lemon eucalyptus and para-menthane-diol products.
- Regularly drain standing water, including water collecting in empty cans, tires, buckets, clogged rain gutters and saucers under potted plants. Mosquitoes that spread West Nile virus breed in stagnant water.
- Wear long sleeves and pants at dawn and dusk when mosquitoes are most active.
- Use air conditioning or make sure there are screens on all doors and windows to keep mosquitoes from entering the home.

According to DSHS, West Nile season typically runs June through October. The agency reports 183 human cases of West Nile illness in Texas last year, including 14 deaths. The intensity of West Nile activity in Texas fluctuates from year to year and is difficult to predict. Earlier this month, DSHS reported the state's first case of West Nile illness of the season in Travis County.

According to DSHS, symptoms of the milder form of illness, West Nile fever, can include headache, fever, muscle and joint aches, nausea and fatigue. People with West Nile fever typically recover on their own, although symptoms may last for several weeks. Symptoms of the more serious form of illness, West Nile neuroinvasive disease, can include those of West Nile fever plus neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness and paralysis. Up to 80 percent of people infected with the virus will have no symptoms.

DSHS reports there are no medications to treat or vaccines to prevent West Nile virus infection. People over 50 years old and those with other health issues are at a higher risk of becoming seriously ill or dying when they become infected with the virus. If people have symptoms and suspect West Nile virus infection, they should contact their healthcare provider.

For more information, visit the Texas Department of State Health Services West Nile webpage, txwestnile.org, or call the agency's Infectious Disease Control Unit at (512) 776-7676.

About the City of Seguin

Seguin, Texas is located along Interstate 10, about 35 miles east of San Antonio. Seguin is big enough to boast a top-rated university and a state-of-the-art hospital. More than 25,000 residents enjoy a range of cultural, recreational, and employment opportunities. Seguin's robust diversified economy features a steelmaker, a manufacturer of automotive parts and plants making roadside mowing equipment and building materials. In 2009, Seguin was proud to be selected by Caterpillar as the site of a major new engine manufacturing facility.

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